

CAREGIVER SUPPORT GROUPS

(Advisable to call before attending a new group, to confirm schedule)

Aging with Grace

Grace Presbyterian Church

7434 Bath Street, Springfield, VA 22150

Telephone: 703-451-2900 — Beth Hershner

Meets the 2nd Monday of each month at 7:00 - 8:30 p.m.

Alzheimer's Association, National Capital Area Chapter

Telephone: 1-866-259-0042

Call to get information regarding Caregiver Support Groups in the area sponsored by the Alzheimer's Association, National Capital Area Chapter.

Alzheimer's Family Day Center (AFDC)

2812 Old Lee Highway, Suite 210, Fairfax

Telephone: 703-204-4664

Meets 2nd and 4th Wednesdays of the month from 9:30 -11:00 a.m.

Group is facilitated by Susan Stone, Outreach Coordinator and Anna Ellis, Community Coordinator. Respite offered at no charge; please call to arrange. Newcomers always welcome.

Caregivers Support Group

Accotink Unitarian Universalist Church

10125 Lakehaven Court, Burke

Telephone: 703-451-8631 — Janet Clement

Caregivers support group meets the 2nd and 4th Saturday of the month, 1:00 - 2:30 p.m. Facilitator is Janet Clement.

Caregivers Support Group

Sponsored by: The Shepherd Center

Meets at: Unitarian Universalist Congregation

2709 Hunter Mill Road, Oakton

Telephone: 703-281-0538 — The Shepherd Center or
703-281-3987 — Mary Ann Noland

Caregivers support group sponsored by The Shepherd Center meets the 1st and 3rd Thursdays of each month at 10:30 a.m. - 12:00 noon. Facilitators are nurses, Noreen Swaminatha and Mary Ann Noland.

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Children of Older Parents (C.O.O.P.)

Saint Andrew Lutheran Church
14640 Soucy Place, Centreville
Telephone: 703- 830-2768

Meets monthly, 1st Thursday at 7:30 p.m. Call church to confirm date. Facilitator is Yvonne Knauff, Family Nurse Practitioner (ret.).

Families of Aging Relatives

Christ Church Episcopal on Cameron Street, Alexandria

Meets the 2nd Tuesday of every month at 7:00 - 9:00 p.m. in Christ Church Library. Deborah Warren, LCSW facilitates the group and can be reached at 703-919-3887.

Senior + (Plus) Program, Caregivers Support Group

Herndon Senior Center
873 Grace Street
Herndon, VA 20170
703-464-6200

Meets the first Thursday of each month, 7:00 - 8:00 p.m.
Facilitated by Senior + staff.

Well Spouse Foundation

Kings Park Library
9000 Burke Lake Road, Burke VA 22015
Telephone: 703-425-2430 (Dorothy Saunders)

Meets the 3rd Monday of each month, 7:00 - 9:00 p.m., in Supervisor's meeting room. Well Spouse is a national organization supporting spouses caring for a chronically ill or disabled spouse.

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SPONSORED BY FAIRFAX COUNTY HEALTH DEPARTMENT

Annandale Center

7200 Columbia Pike

Annandale VA 22003

(Use right side entrance of the building)

Meets first Tuesday of the month, 7:30 pm

Contact Sydney White, RN 703-750-3316

Lewinsville Center

1609 Great Falls Street

McLean, VA 22101

Meets first Monday of the month, 4:00 pm

Contact Susan Yohe, RN 703-734-1718

Lincolnia Center

4710 N. Chambliss Street

Alexandria, VA 22312

Meets second Thursday of the month, 10:00 am

Contact Ann Hunter, RN 703-914-0226

Mt. Vernon Center

8350 Richmond Highway

Alexandria, VA 22309

Meets first and third Fridays from 10:00 - 11:30 a.m.

Contact Georgia Miller, RN 703-704-6050

**Distributed by the Fairfax Area Agency on Aging. For changes,
please call 703-324-5411, and ask for the Information Specialist.**